

2023 GBO COMPETITOR GUIDELINES

MEN AND WOMEN TRANSFORMATION

I. GENERAL

- a. This is a non-sanctioned division.
- b. Transformation division will showcase athletes who have made a physical transformation resulting in fat loss and/or muscle gain.
- c. It will be comprised of two parts – before/after photos and stage comparisons.

II. REQUIREMENTS

- a. Athletes will take “before” photos at the start of the program and submit photos during the registration window according to event deadline. These photos must include a newspaper with a readable headline and date which authenticates the date of the photo. This date must be within 7 days of the day you register for the division within the registration window.
- b. Front and back relaxed poses are required for the “before” photos and must include thighs at a minimum. Photos need to show body clearly with minimal distractions in the background and with plenty of lighting.
- c. Photo must be a digital submission – no Polaroids or negatives will be accepted.
- d. Submit your starting weight and keep track of your measurements. This will be submitted with your bio at the time of check in on Friday prior to event.
- e. The “after” photos will be taken at check in on Friday prior to the event.
- f. ELIGIBILITY: Competitors must be at least 16 years of age at the time you enter the event. Athletes under 18 years of age must have parental consent. Anyone who has ever competed as a Professional Bodybuilder is not eligible.

III. COMPETITION ATTIRE

- a. MEN – gym shorts / trunks that are not shorter than mid-thigh nor longer than just above the knee. Shorts must be solid color – black or blue. Athletic shoes must be worn.
- b. WOMEN – sports bra and gym shorts. Shorts need to conform to thighs. Abdomen must be exposed. High-waisted shorts and/or bikini tops are not acceptable. Solid colors only are allowed, but can be mixed and matched. Athletic shoes must be worn.

IV. POSING

- a. **FRONT POSE:** Face front, body standing tall, legs shoulder width apart, head is held high, arms are hanging by your side, one or both hands on hips, and smiling.
- b. **BACK POSE.** Face rear of stage, body is standing tall, legs shoulder width apart, head held high, arms hanging at your side, and back is relaxed but firm.
- c. **LEFT/RIGHT SIDE POSE:** Body is standing tall, leg facing away from judges is kicked back and leg closest to judges is holding your weight, torso is twisted at waist to face judges, arm closest to judges can be flexed towards back or above head to expose torso, and head facing judges with a smile.
- d. Each competitor will execute the Box Walk. Competitors will enter the stage and hit the first box closest to you and hit 2-3 poses, move to center stage and hit 2-3 poses, and finally move to third box and 2-3 poses. The expediter will then direct competitors to placement on stage.

V. JUDGING

- a. Judging will be based on before and after photos as well as stage comparisons and presentation – to include changes in weight, symmetry of the physique, muscularity, and presentation / poise.
- b. **TRANSFORMATION:** How much visible weight loss / muscle gain was achieved compared to starting point.
- c. **SYMMETRY:** How balanced is the transformation from upper body to lower body, front side to back side, and right side to left side.
- d. **MUSCULARITY:** Judges looking for muscular development, not just weight loss.
- e. **COMPARISONS:** Athletes will be directed by the Head Judge to perform quarter turns for comparisons. Competitors will start with front pose facing judges, then quarter turn to the right and hit left side pose, then quarter turn to the right and hit back pose, then quarter turn to the right and hit right side pose, and finally quarter to the right and face judges. Head judge will ask athletes to switch places on stage for additional side by side comparisons. Remember to always smile.
- f. **FINALS / AWARDS:** Athletes will be introduced and move to center stage to hit 2-3 poses. Competitors will then exit stage. The top five competitors will be called back to the stage for awards and photos.